

## Grades 9-12 Multi-Cultural Menu Sample with Choices – Five Day

Sponsor #	Sponsor	Contact Name
1234	Our Schools	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Meat Alternates</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	<a href="#">Arroz con Pollo</a>	<a href="#">Mexican Lasagna</a>	Asian Popcorn Chicken (CN) Rice Bowl	WGR Pizza (CN)	<a href="#">Ropa Vieja</a> (Shredded Beef over Brown Rice)
	Portion	¾ cup	2 pieces	3.08 oz	1 slice	½ cup
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	3 M/MA
	2 <sup>nd</sup> Item (If planned)	Jamaican Burger	<a href="#">Fish Wrap</a> with Slaw Topping	<a href="#">Bok Choy Wrappers</a> (Chicken) with Chickpeas	<a href="#">Chicken Alfredo with a Twist</a> (Chicken)	Cuban Sandwich
	Portion	5.5 oz	1-piece tilapia = 2.75 oz cooked	2 wrappers, ¼ cup	1 cup portion	1 oz. each-Ham Pulled Pork w/cheese slice
	Contribution (oz. eq.)	2 M/MA	2.75 M/MA	2 M/MA	2.25 M/MA	2.25 M/MA
<b>Grains</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	Arroz con Pollo (Brown Rice)	WG Lasagna Noodle with WGR Breadstick	Rice Bowl (WG Breeding, Brown Rice)	WGR Pizza (CN)	Brown Rice
	Portion	1 cup	1.5 oz./1 oz.	.5 oz eq./1 cup	1 slice	1 cup
	Contribution (oz. eq.)	2 oz. eq.	2.5 oz. eq.	2.5 oz. eq.	2 oz. eq.	2 oz. eq
	2 <sup>nd</sup> Item (If planned)	WG Hamburger Bun	8" WGR Tortilla and Tortilla Chips	Bok Choy Wrappers (Brown Rice) with WGR <a href="#">Teriyaki</a> Noodles	Chicken Alfredo with a Twist (WG Rotini) with WGR Breadstick	WGR Cuban Bread (2 ounces)
	Portion	2 oz	1.5 oz., .5 oz.	2 wrappers, ¼ cup	1 cup portion, 1 oz.	1 sandwich
	Contribution (oz. eq.)	2 oz	2 oz. eq.	2 oz. eq.	2.25 oz. eq.	2 oz. eq.
<b>Fruits</b>  If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup)  Daily minimum: 1 cup	<b>(Choose Up to 2)</b> Item	Fresh Pineapple Chunks	Fresh Strawberry Cup	Passion Fruit	Red & Green Grapes	Mango & Papaya Medley
	Portion in cups	½ cup	½ cup	½ cup	½ cup (about 10-12)	½ cup
	2 <sup>nd</sup> Item (If planned)	Dried Cherries	100% Juice Choice (4 fluid ounce)	Clementine or Satsuma Oranges	Carambola (Starfruit)	Canned Mandarin Oranges
	Portion in cups	¼ cup (1.3 oz box) = ½ cup eq.	½ cup	½ cup (~2 whole)	½ cup slices	½ cup

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Vegetables Minimum <b>1 cup per day</b>		Day 1 (Students May Choose 2)	Day 2 (Students May Choose 2)	Day 3 (Students May Choose 2)	Day 4 (Students May Choose 2)	Day 5 (Students May Choose 2)
<b>Dark Green</b> Weekly minimum: 1/2 cup	Item	Steamed Fresh Broccoli Florets		Romaine Lettuce and Bok Choy in Wrappers	Garden Salad (Romaine Lettuce)	
	Portion in cups	½ cup		1 leaf, ⅛ cup = ¾ cup credit	1 cup = 1/2 cup	
<b>Red/Orange</b> Weekly minimum: 1-1/4 cup	Item		Butternut Squash and Salsa in Mexican Lasagna	Baby Carrots	Diced Tomatoes (Salad)	Red Bell Peppers in Ropa Vieja
	Portion in cups		¾ cup	½ cup	¼ cup	¼ cup
<b>Beans</b> Weekly minimum: 1/2 cup	Item	Black-Eyed Peas				Seasoned Black Beans or Pigeon Peas
	Portion in cups	½ cup				¼ cup
<b>Starchy</b> Weekly minimum: 1/2 cup	Item	Sweet Plantains	Corn in Mexican Lasagna			Yucca Fries
	Portion in cups	½ cup	¼ cup			½ cup
<b>Other Vegetables</b> Weekly minimum: 3/4 cup	Item		Peppers & Onions in Mexican Lasagna/ Slaw in Fish Wrap	Snow Peas	Ratatouille	Overnight Pickles ( <a href="#">FNW Cucumber Recipe</a> )
	Portion in cups		½ cup / 1 cup	½ cup	½ cup	¼ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup/ Mustard	Taco Sauce	Low Salt Soy Sauce / Duck Sauce	LF Ranch Dressing	Mustard
	Portion size	9 gm/5 gm	9 gm	9 gm each	1.5 oz	5 gm

**\*\*Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1% or Fat free	Fat free	Fat free	
Fluid oz.	8	8	8	

Note
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